



Enrich, Excite, Explore!

Week 4, Day 20: Social-Emotional Learning - Kindness

Read and watch the stories at [Scholastic Learn at Home](#) and then explore the activities below!

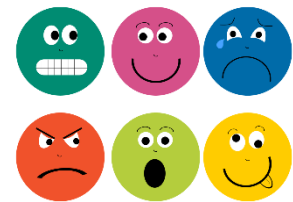
Read!

Stick and Stone by Beth Ferry paired with Empathy: I Know How You Feel! by Liz George

Talk!

Sharing Feelings

In the book Empathy: I Know How You Feel, it was said that sharing feelings is a way to help understand and develop empathy between people. Help children label their feelings with emotion words such as frustrated, upset, excited, worried, or embarrassed. Pointing to pictures of faces displaying different emotions can also help children identify these feelings.



Sing!

If You're Kind and You Know It Song by Universal Kids (tune: If You're Happy and You Know It)

https://youtu.be/t4nT30s5vH0?list=PL_EANcmOcl7lLh0H0KwFwcv0OT-4US3wk

You can make up your own words with your child. Some ideas include: say thank you, help a friend, share a toy, make a card, give grandma a hug, take turns, ask politely, and ask someone new to play.

Play!

Random Acts of Kindness Bingo Card

Make a bingo card with however many squares you want. You can make different ones for multiple children and yourself.

Ask your child for ideas of how he or she can show kindness.

Write those ideas in the bingo squares, and put the card up where your child can see.

When you notice your child doing any of these acts, put a sticker or stamp on the square.

You can decide together how you want to complete the Bingo card, either finish every square or complete the squares in a row or diagonally.

When the bingo card is completed, reward your child to celebrate. The reward can be an extra hug, watching a movie together, a special treat, or an extra story before bedtime.

Continue this game with new ideas or just do another one.

Random Acts of Kindness

Ask someone if they need help!	Tell someone why they're awesome!	Give someone a high five!	Sit by a new student at lunch!
Play with someone new at recess!	Write a compliment note ☺	Hold a door open for someone!	Push in someone's chair!
Say "hi" to someone new!	Thank an adult in the building for something they do!	Read a book with a friend!	Make a card for your favorite teacher!
Help someone clean up!	Help someone before they ask!	Smile in the hallway ☺	Tell someone what makes them super!

Read More Together!

Books related to kindness

- [ABCs of Kindness](#) – E Berger, Samantha
- [Nico and Lola: Kindness Shared Between a Boy and a Dog](#) – E Hill, Meggan
- [Tomorrow I'll Be Kind](#) – E Hische, Jessica
- [I Walk With Vanessa: A Story About a Simple Act of Kindness](#) – E Keroscoët
- [The Kindness Book](#) – E Parr, Todd
- [Fly Free](#) – E Thong, Roseanne
- [Finding Kindness](#) – E Underwood, Deborah
- [Teddy Bear of the Year](#) – E VanSickle, Vikki

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